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PRACTICAL SUGGESTIONS



I HAVE learned long since that my private likes and dislikes are not the decrees of the eternal.

JOHN BURROUGHS.

ONE can hardly imagine a higher tribute to literature than that implied in the artless question of a little child: "Mamma, does God make books or can men do it?"

WHEN the nuts are ripe, the tree will let them fall and think no more about them. * * * Mountains and trees make me humble. I feel like a poor relation.

BRADFORD TORREY.

WHEN a nurse must handle coal in large pieces for a grate and has no tongs, she will find an old stocking convenient. The hand can be slipped inside the leg and the fingers are not soiled.

M. E. D.

PROBABLY many nurses are by this time familiar with the delightful electric water heaters which can be attached to an electric light fixture. They are particularly nice for nursery use as they do not vitiate the atmosphere and there is no danger of fire.

UNDER a new re-districting law adopted in July by the State Board of Charities of Illinois, the work of removing insane patients from the county almshouses was begun in September. Hereafter the state must gradually take care of all its public insane.

"So many Gods, so many creeds,
So many paths that wind and wind,
When all this old world needs,
Is just the art of being kind."

"GIVE the body the nourishment, the exercise, the fresh air, the sunlight it requires; keep it clean, and then think of it as little as possible.. Don't talk of sickness and disease. By talking of these you do yourself harm, and you do harm to those who listen to you."

PUBLIC HEALTH.

"CLEAN polished teeth are an ornament. School children can be taught that the chief business of the dentist is not to make and extract teeth, but to preserve teeth. Let the human family come under the immediate direction of the efficient dentist twice a year and the toothless race will never come."

PUBLIC HEALTH.

A NEW device called the thermos bottle will keep liquids placed in it at an even temperature, hot or cold, for a long time. If a nurse has no gas of easy access she can keep sterile water sufficiently warm all night for use in doing dressings. It comes in pint and quart sizes and is too expensive for general use.

J. F. C.

"IF man could overcome the inertia of downright laziness and keep his alimentary canal scrupulously clean, one-half of the diseases 'flesh is heir to' would be swept off the earth. Constipation, foul breath, indigestion, headache, nervousness, etc., are the lazy man's legacy. Not infrequently he confirms his habit of laziness by resorting to 'dope.'"

PUBLIC HEALTH.

They might not need me, yet they might,
I'll let my heart be just in sight.
A smile so small as mine might be
Precisely their necessity.

EMILY DICKINSON.

A SAFETY razor is excellent for surgical and obstetrical preparations. The first cost is five dollars, which includes ten blades, but there is no expense for sharpening, and additional blades come in packages at five cents each. Four preparations can be done with one blade. The patient is not afraid and the nurse is saved the wear and tear of boosting her courage.

J. F. C.

IN her annual report of the Toronto General Hospital Training School, Miss Snively makes a comment which is so true of all our schools that it is worth quoting: "In this community of over one hundred young women, the process of transforming the untrained, undeveloped, undisciplined girl, into the thoughtful, self-restrained, capable woman, goes on concurrently with that of the daily routine of hospital life."

A PATIENT in a Civil Hospital said farewell to his favorite nurse in these impressive words: "You've bin a good lass to me, Miss, a rare good lass. I o'pe as the Lord'll reward you, but there—*we never know!*" This reminds me of a compliment paid to an American nurse in Europe to whom one of her patients, in deepest gratitude, said: "Nurse, if ever there was a fallen angel, you are one!"

BOILS.—There are still physicians who say that boils are always a manifestation of blood disease. While it is true that a run-down condition will predispose to the appearance of boils, these are practically always due to infection from without. It is suggested that men suffer more from boils on the neck than do women, because the former wear starched collars that are likely to produce lesions through which infective agents find their way beneath the skin.

JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION.

EXTRACT FROM THE LETTER OF AN ARMY OFFICER TO A FRIEND
IN ROCHESTER

THE officers at the mess got hold of those articles by Dr. Potter and read them with great interest. The information is just what several of them said that they would have thanked their fathers for telling them before they went to college. One of them is a fellow who has had some severe experience from the lack of just that sort of information at the time when it was needed. His father is a prominent business man and a very active man in the affairs of the Episcopal Church in the state where he lives. His mother is as fine a woman as could be found anywhere. They are simply the kind who give their children good home influences but never came down to telling them specific things about how they ought to live and what they ought to avoid. His boys learned by practical experience that it is easier in the long run to be good than bad.

THE NEW MICHAEL REESE HOSPITAL

DEDICATED JUNE 16, 1907.

“ Unless the Lord build the house, they labor in vain who build it.”

Psalm 127.

Surely God's blessing rests on these four walls,
Within these quiet rooms, in these vast halls;
On those who silently from out their store,
Gave, that His poor and sick find health once more.

Surely beside these beds in love He stands,
To bless the feeble work of human hands,
Since men have wrought for Him with love and care,
His presence comes to bless the temple fair.

It stands, a monument that must endure,
God builded with these men who blessed His poor,
Love He gives freely from His throne above,
He asks of human hearts that same gift—Love.

EMMA MACKENZIE PERCIVAL.

IN answer to the inquiry about steamship nurses, Miss Ehrlicher of the German Hospital and Dispensary, New York, writes:

“ The September JOURNAL inquires about the employment of nurses on steamships. So far as I know there are only two. These are in the employ of the Hamburg-American Company on the steamers *Amerika* and *Kaiserin Augusta Victoria*. They are enrolled as members of the ship's crew and have definite duties, such as being present in the gymnasium during ladies' hour, giving electric light baths, etc. They take their meals in the first cabin dining room, and are expected to spend their time among the first cabin passengers. They have a definite salary and when in port have perfect liberty, remaining on board ship or on land as they like. The Hamburg-American line engaged these two nurses directly from our registry. There are many nurses who take stewardess positions for the sake of the large fees, but I think it is safe to say that these are foreigners. These two nurses have had cases of pneumonia, appendicitis, delirium tremens and insanity. They have been isolated with cases of measles, and have brought patients to hospitals in both ports. These have included first, second and steerage passengers. I doubt if these positions will ever become popular, as steamship companies do not like to pay salaries. They expect the passengers to pay for services in tips. However, by starting in with the right kind of women for the place, we established it on a proper basis.

THE WASH BOILER AS A STERILIZER (for the benefit of those who do not yet know how, and with apologies to those who do).—The following method will be found simple and satisfactory. Be sure that the boiler is clean. Place a cloth on the bottom of the boiler, on this set four Mason jars filled with water. Fill the boiler half way up the jars with cold water. On top of the jars set a wire dish drainer, such as is found in almost every kitchen, on this put the packages to be sterilized, basted in old clean cloths. Cover the boiler tightly. After the water has begun to boil let the packages sterilize for an hour. Dry the packages, a few at a time, by setting them on earthenware dishes in a warm oven with the door open. Have them watched carefully to prevent scorching. Put them in the sun afterward if possible. If the packages are being prepared some time ahead for an obstetrical case, do not pack them away until after twenty-four hours, as dampness may appear later in packages which seemed at first perfectly dry.

The reasons for this process are as follows: The cloth on the bottom of the boiler keeps the jars from breaking. Jars are cleaner than bricks or boards and at the end of the hour they too are sterile and ready for solutions. They are filled with water to keep them from tipping over. The jars are better than a hammock arrangement because they allow the cover of the boiler to fit on tightly, keeping in all the steam. If cold water is used in starting, the packages do not get as wet. The bundles are basted, not pinned, because bastings can be ripped out at one jerk, while pins which have been through a sterilizing process come out with difficulty and may cause delay at a critical moment.

